Starting a Salad Bar
Part 1 - The Why

AUGUST 20, 2019
1:30 PM – 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1100, 1320, 3510, 4160
So you're thinking about starting a salad bar...
Two questions:

**Why?**
- Definition of school salad bars
- Supporters of school salad bars
- Potential benefits of school salad bars

**How?**
- Assessment and Planning
- Training
- Operations
- Procurement

**TODAY!**
Definition of School Salad Bars
salad bar / noun

A salad bar is a self-serve station where students can select two or more fruits and/or vegetables.
Salad Bars Defined

Examples:

- Raw vegetable bar
- Raw fruit bar
- Mixed fruit and veggie bar
- Entree salad bar
- Theme bar
- Pre-portioned produce bar
Supporters of School Salad Bars
USDA encourages the use of salad bars in the school meal programs.
Salad Bar Supporters

Memo SP 31-2013
Salad Bars in the National School Lunch Program

- States that there are many ways that salad bars can be incorporated into a reimbursable meal

- Provides guidance on portion size, point of service, nutrient analysis, food safety, and resources related to salad bars
Salad Bar Supporters

Salad Bars to Schools is a public-private partnership that works to donate salad bars to schools so that every child across our nation has daily access to fresh fruits and vegetables.
ADE fully supports salad bars in schools and is committed to supporting LEAs in implementing, operating, and sustaining salad bars in their schools.
Benefits of School Salad Bars
Salad Bar Benefits

For the Student...

For the Food Service Department...
Salad Bar Benefits

For the Student...

Provides a personal experience about food choices

There are critical time points throughout life for food choice habit formation

Late Childhood

- Important time to form conscious ideas about the relationship between health and eating and drinking behavior
- These ideas may not influence behavior until much later in life

Salad Bar Benefits

For the Student...

Provides a personal experience about food choices

There are critical time points throughout life for food choice habit formation

Late Childhood/Early Puberty

- Social status plays a predominate role
- Symbolic function of food is most important

For the Student...

Provides a personal experience about food choices

Exposure to a school salad bar during these developmental stages could help to positively shape students' food choices for the rest of their lives!
Salad Bar Benefits

For the Student...

Increases the variety of fruits and vegetables available

No Salad Bar - 3 varieties
- Teriyaki Chicken
- Asian Brown Rice
- Milk
- Corn
- Broccoli (cooked)
- Cantaloupe

With a Salad Bar - 10 varieties
- Teriyaki Chicken
- Asian Brown Rice
- Milk
- Corn
- Broccoli
- Cantaloupe
- Apples
- Cucumbers
- Carrots
- Celery
- Cherry Tomatoes
- Romaine Lettuce
- Red Peppers
Salad Bar Benefits

For the Student...

Increases the variety of fruits and vegetables available

Why is **VARIETY** important?

- Greater variety has been shown to lead to increased consumption of fruits and vegetables
- Helps ensure there is at least one option that appeals to every student


Salad Bar Benefits

For the Student...

Provides repeated exposure to multiple fruits and vegetables

Exposure #1  Exposure #2  Exposure #3  Exposure #4  Exposure #5
For the Student...

Provides repeated exposure to multiple fruits and vegetables

Why is **REPEATED EXPOSURE** important?

- Repeated exposure to a target vegetable increases liking and intake of that one vegetable
- Also, repeated exposure to a variety of vegetables increases liking and intake of a novel vegetable

Salad Bar Benefits

For the Student...

May impact fruit and vegetable consumption

There are indications from studies in the current body of research that salad bars may improve students’ fruit and vegetable consumption.

However, this research is not conclusive and further investigation is still needed.

Salad Bar Benefits

For the Student...

May impact fruit and vegetable consumption

ASU researchers are currently conducting an NIH-funded study with the aim of quantifying this impact!

For the Student...

1. Provides a personal experience about food choices
2. Increases the variety of fruits and vegetables available
3. Provides repeated exposure to multiple fruits and vegetables
4. May impact fruit and vegetable consumption
Salad Bar Benefits

For the Food Service Department...

Gives the opportunity to test out new food items or recipes

EXAMPLES:

- Vegetable
- Fruit
- Whole Grain
- Dip
For the Food Service Department...

Financially sustainable way to increase fresh produce offerings

Case studies find...

Salad bar costs are more sustainable when offered as part of the reimbursable meal

Increases in produce purchases are offset by decreases in canned vegetable, baked french fry product, canned fruit, and juice purchases
Salad Bar Benefits

For the Food Service Department...

Related to greater school lunch participation

Compared to schools with no salad bar...

HIGH SCHOOLS
with a salad bar at least once per week had a

6%

greater average school lunch participation rate for free and reduced price eligible students.

MIDDLE SCHOOLS
with a salad bar at least once per week had a

7%

greater average school lunch participation rate for free and reduced price eligible students.

Salad Bar Benefits

For the Food Service Department...

Related to greater school lunch participation

Of schools that implemented new salad bars through the Salad Bars 2 Schools initiative...

57%

...reported an INCREASE in school lunch participation.

Salad Bar Benefits

For the Food Service Department...

Provides an avenue for Farm to School Programming

EXAMPLES:

We’re Proud to Offer

Arizona Grown

Fruits and Vegetables
Salad Bar Benefits

For the Food Service Department...

Provides an avenue for Farm to School Programming

Why is **Farm to School** important?

- Kids win!
- Farmers win!
- Communities win!
Salad Bar Benefits

For the Food Service Department...

1. Gives the opportunity to test out new food items or recipes
2. Financially sustainable way to increase fresh produce offerings
3. Related to greater school lunch participation
4. Provides an avenue for Farm to School programming
So... what now?
Next Steps

Share the WHY!

Let others in your community know about the benefits of salad bars in schools to help build/maintain support

- Parents
- Teachers
- Administrators
- Students
- Food service workers

Use the resources available on the upLIFT webpage!
Put it into practice!

Attend Starting a Salad Bar, Part 2 - The How

September 17, 2019
1:30pm - 2:00pm

Now that you know WHY to start a salad bar at your school, learn HOW to make it happen! In this webinar we will overview the key steps for properly planning and implementing an effective salad bar in your school.
Remember!

Watch webinars, win training!

Participate in the upLIFT webinar contest and you could work with a Professional Chef!

LEAs who attend or watch every upLIFT webinar from August until March will automatically be entered into a contest to receive a FREE culinary training for their staff from the Blue Watermelon Project.
Thank you!

Any questions? Please type them into the chat bar now.

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.
Question #1

A salad bar is a self-serve station where students can select two or more fruits and/or vegetables.

a. TRUE
b. FALSE
A salad bar is a self-serve station where students can select two or more fruits and/or vegetables.

a. TRUE
b. FALSE
Question #2

Which of the following is a benefit of having a school salad bar for the students?

a. Provides a personal experience about food choices
b. Increases the variety of fruits and vegetables available
c. Provides repeated exposure to multiple fruits and vegetables
d. May impact fruit and vegetable consumption
e. All of the above
Which of the following is a benefit of having a school salad bar for the students?

a. Provides a personal experience about food choices
b. Increases the variety of fruits and vegetables available
c. Provides repeated exposure to multiple fruits and vegetables
d. May impact fruit and vegetable consumption
e. All of the above
Which of the following is a benefit of having a school salad bar for the food service department?

a. Gives the opportunity to test out new food items or recipes
b. Financially sustainable way to increase fresh produce offerings
c. Related to greater school lunch participation
d. Provides an avenue for Farm to School programming
e. All of the above
Which of the following is a benefit of having a school salad bar for the food service department?

a. Gives the opportunity to test out new food items or recipes
b. Financially sustainable way to increase fresh produce offerings
c. Related to greater school lunch participation
d. Provides an avenue for Farm to School programming
e. All of the above
Congratulations!

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: Starting a Salad Bar, Part 1 - The Why
- Key Area: 1000-Nutrition, 3000-Administration, 4000-Communication and Marketing
- Learning Codes: 1100, 1320, 3510, 4160
- Length: 0.5 hour

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.
Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.
*This will not appear in your Event Management System (EMS) Account.

https://www.surveymonkey.com/r/upliftrecordedwebinar

The information below is for your reference when completing the survey:
- Training Title: Starting a Salad Bar, Part 1 - The Why
- Learning Codes: 1100, 1320, 3510, 4160